

The Center at Priscilla Place
Senior Center serving adults age 55+
September 2017
23 Priscilla Place • (203) 452-5199
Monday through Friday 9:00 AM—4:00 PM

Annual Senior Picnic

Hosted by
The Trumbull Rotary Club
Thursday, September 7th
12:00 PM

Seniors are invited to a free picnic under a tent on the town green. It's a great opportunity for fellowship and a free lunch!

Trumbull Town Hall 5866 Main Street
Please call and RSVP: (203) 452-5137.



Trumbull Rotary Club

SAVE THE DATE
FOR
TRUMBULL SENIOR
CENTER'S
ANNUAL HEALTH FAIR
Attend each activity and
get a chance at the raffle!



Friday, October 13th
10:00 AM-1:00 PM

Good Health =
Good Life

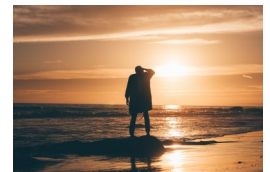


Bereavement Support
Group

An ongoing support group that meets bi-monthly. Support for adults dealing with a loss from death in the past year.

Beginning in October
The 1st and 3rd Thursdays of the month at 2:00 PM.

For questions please call
Chanté P. Moreno, LMSW
cmoreno@trumbull-ct.gov
203-261-5110



Lunch and Learn
Effective Communication
Strategies

Tuesday, September 12th
11:00 AM—12:30 PM

An educational program, presented by the Alzheimer's Association, about identifying strategies to help you connect and communicate at each stage of Alzheimer's disease.

Lunch will be sponsored by SYNERGY Homecare. For more information and to RSVP, please call (203) 452-5137.

alzheimer's 
association®

Medicare's Open Enrollment Period is
October 15th - December 7th

What is Medicare Open Enrollment?

October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

How do people know if they need to change plans? People in a Medicare health or prescription drug plan should always review the materials their plans send them and make sure their needs are still met for the following year. Plans can change year to year.

For Medicare Counseling please call CHOICES Counselor Jennifer Gillis at 203-452-5198 or The **CHOICES** program at **1(800) 994-9422**.

Discover Switzerland,
Austria & Bavaria

Collette Tours

Wednesday, September 13th
1:00 PM

Have you ever wanted to travel to another country? Well here is your chance! Journey through the spectacular Switzerland, Austria & Bavaria during this presentation about the upcoming 10 day trip Collette Tours is offering.

Snacks will be provided. For more information and to RSVP, please call (203) 452-5137.

The Trumbull Senior Center acts as a community resource and conduit to other services available to senior adults, aged 55 and older. The center offers a central location where individuals can receive information and services of interest to older adults. It is also a designated focal point, which provides a comprehensive delivery of services essential for maintaining the health, independence and well-being for members. The center strives to prevent isolation and encourages socialization.



First Selectman (203) 452-5005

Timothy M. Herbst

Senior Commission Chair (203) 261-0872

Amy DeZenzo

Director of Human Services (203) 452-5199

Michele Jakab

Administrative Assistant (203) 452-5137

Ashley Ryan Grace

Senior Center Receptionist (203) 452-5137

Jeannie Franco

Social Services (203) 452-5198

Jennifer Gillis: Outreach (203) 452-5133

Jane Horton: Food Pantry (203) 452-5135

Advertisers:

We would like to introduce Mark Carofano, he will be seeking advertisers for our new full color 12 page newsletter. For more information on advertising in our newsletter please call Mark at (203) 668-7522

Senior Citizen Commission

Chairman - Amy DeZenzo

Vice-Chairman - Dee Chiota

Secretary - Gail D'Elia

Clerk - Barbara Crandall

Ron Foligno, Roberta Bellows

Evelyn Wiesner, Dorothy Merritt

Be sure to visit the

Trumbull Community Center Website

<https://www.tccbbuildingproject.org/>

The Trumbull Community Center Study & Building Committee proudly introduce Conceptual Designs for a proposed Community Center. They are available for viewing in the Senior Center lobby.



Like us on
facebook



CYRIL F. MULLINS FUNERAL HOME

Family owned and operated since 1937

Funeral Trusts including Title 19

Cyril F. Mullins II, Holly Mullins- Hart, Robert B. Clark

399 White Plains Rd., Trumbull

203-372-6543

mullinsfh.com

MONTHLY PROGRAMS

Computer Tutor: One on One Sessions with Cathleen Lindstrom Every Wednesday and Thursday 10:30 AM—12:00 PM

- How to send emails/photos
- How to use the internet, social media
- How to do almost anything!

For more information and to sign up, please call (203) 452-5137. **Spots fill quickly.** The cost is a suggested donation of \$5.00 for non residents. There is no charge for residents. If you have a laptop computer, please bring it in.

BINGO

We have added another Bingo!

To all of our bingo lovers, the Center is now going to hold an additional Bingo game every second Monday of each month. Snacks will be provided. Win silly prizes.

Mark the date on your calendar and be sure to RSVP by calling (203) 452-5137.

September 11th at 1:00 PM
October 9th at 1:00 PM

This event is sponsored by the Watermark at 3030 Park

Lunch and Movie

Friday, September 15th
11:30 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film: Florence Foster Jenkins

A New York Heiress who dreams of being an Opera singer despite not having the most pleasant voice.

Starring: Meryl Streep and Hugh Grant

To RSVP, please call (203) 452-5137.

Monthly Birthday Party

Friday, September 29th
11:30 AM

Come celebrate our September birthdays! Cake and coffee will be served. This event is sponsored by SYNERGY Homecare. To RSVP, please call (203) 452-5137.

Daily Lunch Program

Join us for a hot lunch Monday-Friday at 11:45 AM.

Reservations are required two days in advance.

Suggested donation of \$3.25
Call (203) 378-3086

See page 12 for our menu.

Bereavement Support Group

An ongoing support group that meets bi-monthly. Support for adults dealing with a loss from death in the past year.

Beginning in October

The 1st and 3rd Thursdays of the month at 2:00 PM.

OCTOBER 3RD, 17TH

GAMES

Bingo

Monday, September 11th
1:00 PM—2:30 PM

Goodies and refreshments sponsored by the Watermark at 3030 Park. To RSVP, please call (203) 452-5137.

Super Bingo

Friday, September 29
1:00 PM—2:30 PM

Gift cards from Stop and Shop and refreshments! RSVP by calling (203) 452-5137. Sponsored by the Senior Commission and SYNERGY Homecare.

Bocce Ball

Monday-9:00 AM

Join us outside for a fun game!

Poker

Mondays and Thursdays
9:00 AM—3:30 PM

Come join us for a fun game of poker. Don't forget to bring your poker face!

Texas Hold'em

Wednesdays and Fridays
10:00 AM—3:30 PM

Interested in playing Texas Hold'em?

Pinochle

Wed, Thurs, Fri
12:30 PM

Join a game and/or start your own!

Mah-Jongg

Wednesdays & Fridays
12:30 PM

Mah-Jongg players meet Wednesday and Friday afternoons in the library and the meeting room. New players are welcomed to join!

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Annual Senior Picnic

Thursday, September 7th

12:00 PM

Held on the town green. Sponsored
Trumbull Rotary Club.

For more information and to RSVP,
please call (203) 452-5137.

Lunch and Learn

Effective Communication Strategies

Tuesday, September 12th

11:00 AM—12:30 PM

Join us for an informative
presentation, presented by the
Alzheimer's Association, about
learning helpful skills to communicate
effectively with others who may
struggle with memory loss and/or
dementia. Lunch is sponsored by
SYNERGY Homecare. For more
information and to RSVP, please call
(203) 452-5137.

Discover Switzerland, Austria & Bavaria

Collette Tours

Wednesday, September 13th

1:00 PM

Do you love to travel? Drop in to hear
about the exciting trip to Switzerland,
Austria and Bavaria being offered by
Collette Tours. Stop by the front desk
for an informative flyer. To RSVP,
please call (203) 452-5137.

AARP Safe Drivers Course

Friday, September 29th

9:00 AM—1:00 PM

\$15.00 non-members and \$20.00
members. Checks only please.

To RSVP, please call (203) 452-5137.

Upcoming Events

Thursday Evening Yoga

October 5th—December 21st

6:00 PM—7:00 PM

\$5.00 Per Class or
\$50.00 for 12 week workshop

Call to sign up (203) 452-5137

New Computer Classes

October 17, 24, 31 and

November 7-PC Classes

(Windows 10)

November 14, 21, 28 and

December 5-iPhone and iPad
(IOS) Tablets and Smartphones

December 12-Facebook

December 19-Smart Home
Devices (Smart TV, Alexis,
automatic lights, etc.)

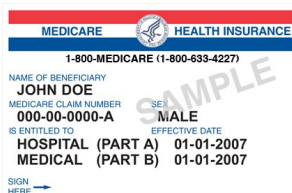
For more information about any
of these classes and to RSVP,
please call (203) 452-5137.

2018 Medicare Update

Wednesday, October 25th

2:30 PM

Come hear Lisa Alhabal from the
Southwestern CT Agency on
Aging talk about any and all
changes to Medicare and
insurance plans in 2018. Be sure
your plan is right for you! Be
sure you are meeting your needs
medically & financially.



Sue's Salon

Haircuts for men & women
Manicures & pedicures performed
by a licensed professional.

For an appointment,
call (203) 981-7061

Price List:

Shampoo/set/blow dry:

\$15.00

Shampoo/cut: \$18.00

Neck Trim: \$10.00

Color/cut/set: \$50.00 +

Perm/wash/cut/set/blow dry: \$65.00



The Wellness Nurse

(203) 452-5134



The Wellness Nurse is available at the
Senior Center on Tuesdays,
Wednesdays, Thursdays and Fridays
from 9:00 AM—1:00 PM.
She is also available at Stern
Village on Mondays from
9:00 AM—12:30 PM.

Wellness Nurse Services:

- Assesses and records blood pressure readings, nutritional counseling and weight management support
- Provides assistance with making doctor appointments
- Dementia education and resources

Insurance Commissioner Warns of Caller Posing as Staff

Connecticut Insurance Commissioner
Katharine L. Wade is advising consumers
to be wary of a phone caller who identi-
fied herself as an Insurance Department
employee and is asking people for their
insurance information. Commissioner
Wade said the Department is aware of at
least two instances that occurred this
week. "Always be safe and never give out
personal or financial information without
verifying who the caller is. If you have
any questions, do not hesitate to contact
the Department or your local law
enforcement agency." For further assis-
tance with this, visit the Connecticut In-
surance Department at www.ct.gov/cid or
call, 800-203-3447 or email at:

insurance@ct.gov

FITNESS CLASSES

Mondays:

Stretch/Strengthen with Nancy-9:00 AM Stretch, balance, aerobic and strength exercises to Optional: bring weights.

International Folk Dance with Leng -10:00 AM A wonderful exercise for your mind, body and spirit.

Intermediate Line Dance with Shirley-12:45 PM Line dance to different types of music.

Yoga with Jeannie-2:00 PM This is an ancient practice that focuses on rhythmic deep breathing, balance, strength and flexibility.

Tuesdays:

Fit for Life Exercise with Marylou-9:15 AM Low-impact aerobic exercise/dance (including a weights segment).

Ballroom Dance with Mike Stavola-10:30 AM Ballroom dance lessons with or without a partner.

Zumba Lessons with Mike Stavola-11:30 AM Have fun while you dance to energetic music!

Tai Chi Quan for Better Balance with Alma-1:30 PM Focuses on improving balance, reducing stress and clearing your mind.

Wednesdays:

Yoga with Jeannie -9:00 AM This exercise focuses on breathing, stretching, balance and flexibility movements.

Jazzercise with Marylou-10:10 AM Combination of low-impact aerobic exercise and dance.

Tap Dance with Shirley-11:00 AM Experience required. Please bring your own tap shoes.

Thursdays:

Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-9:00 AM This class focuses on breath, balance, core and total body strength and stretching. Bring your mat.

Strength Training with Gail Moreno-10:15 AM Build strength and muscle by utilizing weights of your own choice.

Feldenkrais with Cathy-11:30 AM Awareness through movement. This class will teach you about the importance of proper movement techniques while sitting.

Fridays:

Zumba Gold with Jeannie-9:00 AM Dance to international music while toning the entire body.

Tai Chi with David-10:15 AM An ancient martial art that helps improve balance, relieve stress and pain.

ART CLASSES

Mondays:

Drawing with Christine-9:45 AM This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcomed.

Tuesdays & Thursdays:

Watercolors with Sabine-9:30 AM Watercolor class taught by Artist Sabine Bonnar. All levels are welcomed. A supply list will be provided.

Fridays:

Acrylic/Oil Painting with Christine-10:00 AM A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcomed. Please bring your own supplies and subject matter. A supply list will be provided.

Save The Date



Senior Center Holiday Luncheons

Due to last year's overwhelming response, we are having 2 holiday luncheons this year. Come see the famous Smile A While perform and celebrate with friends!

Friday, November 17th

Friday, December 1st

\$7.00 per person

Lending Library

Did you know we have a small book exchange here at the center?

Stop by and check it out!

Borrow a book, keep a book, or donate a book!



JOIN TEAM TRUMBULL SENIOR CENTER

Walk to End Alzheimer's

Sunday, October 1st

Calf Pasture Beach, Norwalk

Register to walk with us or donate in honor of a loved one!

<http://www.alz.org/ct/>
Alzheimer's disease is relentless.

So are we. Many of us on this team have

personally experienced this disease or know someone who has. Help us fight the fight and keep the memory of our loved ones alive! Some of our team will be walking the day of the event to show support, plant their flowers, cheer on the crowds and support



THE END OF ALZHEIMER'S
STARTS WITH *you.*

Thank You

The Center would like thank

-Micalizzi Italian Ice

-Stop and Shop in Trumbull

-Dorothy Moyer

for coffee donations

Wish List

- New items for bingo gifts
 - Scrabble game
 - Scrabble dictionary
 - Decaf Coffee
 - Creamer
- Books and magazines

Trumbull Arts Commission

presents the "Gypsy Funk Squad" and belly dancers

Sunday, October 22nd at 1:00 PM

Gypsy Funk Squad plays a mix of classic belly dance songs from Turkey, Armenia, Egypt, The Balkans, Greece, Israel, Lebanon, and other points in the Middle East, and also revamped rock tunes and original psychedelic surprises...done belly style!

The emphasis is on fun, dancing and a good time!

Cabaret seating, bring your own refreshments.

Tickets :\$5.00. at the Arts Office at 203-452-5065

Senior and Disabled Persons Volunteer Tax Relief

The town has established a program of *tax relief* for qualifying seniors and disabled persons who choose to give their time, talent and energy by volunteering to provide services to the town. Qualifying taxpayers, who volunteer to provide one hundred (100) hours of service to the Town of Trumbull, shall be eligible for a *tax* credit of a fixed amount up to \$600 upon his or her real estate taxes.

Volunteer hours are to be completed in one (1) calendar year. The *tax* credit earned shall be applied to the *tax* bill issued for payment in July of the year following the calendar year of service.

Please contact the First Selectman's office at (203) 452-5005 or the Senior Center at (203) 452-5199 if you would like to apply.

Applicants must be age 65

Volunteer Opportunities

-Volunteer needed for park maintenance. Walk the parks and enjoy the outdoors!

-Health Department Receptionist

-Food pantry, stocking shelves

For inquiries please call Michele at (203) 452-5199

Homeowners could be eligible for a tax credit of \$600 for their volunteer work.



CARMEL AND TERESIAN
RIDGE TOWERS
INDEPENDENT SENIOR LIVING
 6454 Main Street • Trumbull, CT 06611
 (203) 261-2229 • www.LiveTeresianandCarmel.com



Winn Residential

A non-denominational community owned by the Diocese of Bridgeport. Professionally managed by Winn Residential.



COMMUNITY NEWS CONTINUED:

What Does Social Services Do?

- Referrals for home care , lawyers, etc.
- Housing referrals and application assistance
- Long Term Care questions
- Medicare Counseling
- Benefit assistance such as SNAP, Medicaid, Energy, and prescription assistance
- Food Pantry assistance

Bring your questions, ask us if we can help you or someone you know. (203) 452-5198



RIDES, GAMES, FOOD TRUCKS, AMUSEMENTS, BEER TENT, LIVE MUSIC & FIREWORKS!

Trumbull High School, Strobel Road, Trumbull CT

FRIDAY, SEPTEMBER 8TH 5 – 10 PM

Carnival (Unlimited Ride Bracelet), Food Trucks

Performing: Chris Berardo & The DesBerardos—7:00 PM

SATURDAY, SEPTEMBER 9TH Noon to 10 PM

Carnival, Food Trucks, DJ

Performing: Creamery Station—5:00 PM Fireworks 8:15 PM

TWO-DAY ADMISSION \$5 KIDS 5 & UNDER FREE!

WWW.TRUMBULL-CT.GOV

TRUMBULL ARTS 39TH ANNUAL TRUMBULL ARTS FESTIVAL

PERFORMING ARTISTS

11:00 ~ Brideau & Miller, Acoustic Duo

11:30 ~ Evelyn Sload, Singer

12:00 ~ Downtown Cabaret Theatre

12:30 ~ Arts & Crafts Awards

1:00 ~ "The Red Hots"

2:30 ~ Downtown Cabaret Theatre

3:00 ~ "The Frank Porto Band"

Juried Crafts and Fine Art, Authors,
Children's Creative Center, Food Trucks

**SUNDAY SEPT. 10
10 – 4 RAIN OR SHINE**

Town Hall Green ~ 5866 Main Street

All activities free of charge



The Travel Corner: *Let Your Journey Begin*

We provide transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides to doctors, lawyers, shopping, appointments, nursing home visits.

The Yale University Art Museum

Frank Pepe Pizzeria

Thursday, September 21st

Visit the Yale University Art Gallery in New Haven.

Enjoy delicious pizza at the

Original Frank Pepe Pizzeria.

Transportation and admission to the art gallery is free; you are responsible for the cost of your lunch.

To RSVP, please call (203) 452-5137

Time Schedule:

- Bus will leave the Center by 9:00 AM
- The Yale University Art Museum from 10:00 AM—11:30 PM
- Frank Pepe Pizzeria from 12:00 PM—1:30 PM—Return by 2:00 PM

The Maritime Aquarium at Norwalk

Thursday, September 28th

Take a trip to the Maritime Aquarium in Norwalk and enjoy lunch at Cascade Café located inside the aquarium. Make sure to check out their new jellyfish exhibit. Admission tickets are \$15.00 each. Cash only.

Please pay at the office on the day of the trip.

To RSVP, please call (203) 452-5137

- Bus will leave the Center 9:45 AM
- Maritime Aquarium from 11:00 AM—1:30 PM
- Bus will return to the Center by 2:30 PM

Stop and Shop Schedule:

- Stern Village Residents: Wednesdays
- Trumbull Residents: Tuesdays



The Shuttle Loop: Get a choice!

Ride the "Loop" twice a month. Stores within the "Loop" include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's and Target. Hop on the shuttle and let the driver know where you would like to go!

• **Thursday, September 14th**

• **Thursday, September 28st**

There is a minimum of 4 passengers and a maximum of 14 passengers per trip.



DAY AND OVERNIGHT TRIPS: *Stop by for detailed trip flyers*

Take a look at our day and overnight trips. Anyone is welcome; membership or residency not required.

Driver trips: all amenities are included in the price.

Email Ashley Grace with any questions. Agrace@trumbull-ct.gov.

Payment is required before signing up.

Ask us about Tours of Distinction's Customer Rewards Program:

Buy 3, get 1 free day trip.

For more information about certain trips, please stop by the Center for a flyer and/or call (203) 452-5137 and reference which trip you may be interested in.

The Big E

Getaway Tours

Date: September 20th

Cost: \$53.00

Includes: Transportation,
Admission Ticket,
Driver's Gratuity



Oktoberfest at Krucker's Resort

Getaway Tours

Date: October 19th

Cost: \$111.00

Includes: Transportation,
Festivities, Food and Drinks,
Driver's Gratuity



Radio City Christmas Spectacular

Getaway Tours

Date: November 17th

Cost: \$198.00

Includes: Transportation, Radio City Christmas Spectacular, Lunch at Carmine's, Gratuities for Driver and Tour Director



Brooklyn's Holiday Lights

Tours of Distinction

Date: December 4th

Cost: \$87.00

Includes: Transportation, Guided Tour of Brooklyn's Holiday lights, Early Dinner, Taxes and Gratuities



Over Night Trips with Collette Tours

Tour: Discover Switzerland, Austria & Bavaria

Departing: Thursday, April 12th, 2018

Returning: Saturday, April 21st, 2018

Double: \$3,799.00

Single: \$4,099.00

Tour: Albuquerque Balloon Fiesta
Departing: Thursday, October 11th, 2018

Returning: Tuesday, October 16th, 2018

Triple: \$2,649.00

Double: \$2,679.00

Single: \$3,379.00



An Amish Christmas Getaway

**"The Miracle of
Christmas" at Sight & Sound
Getaway Tours**

Date: December 6th-8th

Cost: \$600.00 PP Single, \$475.00

PP Double, \$455.00 PP Triple

Includes: Transportation, Hotel Accommodations, 4 Meals (2-Continental Breakfasts & 2-Dinners), 2 Christmas Shows, Admissions wherever applicable, Taxes and baggage handling, Gratuities for Driver & Tour Director



Boars Head Feast at the Williams Inn

Getaway Tours

Date: December 12th

Cost: \$117.00

Includes: Transportation, Boar's Head Procession, Christmas Buffet and Cabaret, Bright Nights Holiday Light Display, Gratuities for Driver



NEWS FROM THE OUTREACH OFFICE

Shop with us at the Food Pantry. Please call for inquiries and eligibility. 203-452-5198
Transportation is available for pantry shoppers. (riders must be at least 18 years of age)

Medicare Savings Program: Help get your premiums paid!

Would you like help with your Medicare costs?

You could be eligible for the Medicare Savings Program. If your income is at or below \$2,435.40/month for single person and \$3,284.10/month for married couples, some of your Medicare premiums and prescription costs could be at a lower cost or free. There is no asset limit. Depending on the level of the program you qualify for, you could get help with:

- Payment of Medicare Part B monthly premiums and annual deductible
- Payment of co-insurance and deductible amounts for services covered under both Medicare Parts A and B.
- Automatic enrollment in the low income subsidy for those on Medicare Part D. This program will partially subsidize or completely cover your Medicare Part D premium and lower your prescription costs to just \$2.95-\$7.40. There is also continued coverage through the “donut hole.”

ELDERLY AND TOTALLY DISABLED RENTER’S RELIEF PROGRAM:

ELIGIBILITY REQUIREMENTS:

Applicant must be age 65 or 100% Disabled (18+) older as of December 31, 2016

(**Current proof of disability from Social Security must be provided****)**

Applicant must have been a renter in Connecticut during 2016.

ANNUAL INCOME GUIDELINES: SINGLE COUPLE: \$35,200.00
COUPLE: \$42,900.00 (Cannot Exceed)

PROOF OF INCOME FOR 2016:

- 1) Social Security benefit statement for 2016 (1099) form
- 2) Bank interest statement and dividends for 2016
- 3) Pension Statement for 2016
- 4) Federal Tax Return for 2016 if filed
- 5) Any and all income from 2016 taxable or non-taxable

If you need proof of Social Security benefits, you can get a benefit verification letter by calling 1-800-772-1213 (this will take 10 days) or register online at www.socialsecurity.gov and create an account where you can then print a benefits verification letter.

PROOF OF EXPENSES PAID IN 2016:

- 1) Rent Receipts signed by landlord or rent ledgers from housing complex for the whole year.
- 2) Statements/bills from electric, gas, water, and fuel showing amounts and dates paid for the whole year.

Call United Illuminating at (800) 722-5584 and request a “PAYMENT PRINTOUT” for the year 2016.

New Medicare Cards to be issued **beginning April 2018**

Your red, white, and blue Medicare card is proof that you are enrolled in Original Medicare. It is the most important piece of identification you own as a Medicare beneficiary, and it is evidence of coverage in order to receive Medicare-covered services. Your Medicare card usually contains either yours or your spouse’s Social Security number followed by a letter. **This is all going to change beginning in April 2018.** In an effort to protect you against the increasing prevalence of fraud and identify theft, CMS (Center for Medicare and Medicaid Services) will issue 57 million Medicare beneficiaries, a unique, randomly assigned Medicare Beneficiary Card. This card will include a combination of 11 characters; either uppercase letters from A to Z, (except for S, L, O, I, B, and Z - for ease of reading) and numbers 0-9. Issuance of the new cards will begin April 1, 2018 with completion by April 2019, and a transition period through December 31, 2019, which means you will be permitted to use either your old Medicare card or your new MBI card. But after December 31, 2019, you must use the new cards.

For concerns about this and you can call SWCAA CHOICES program at 800-994-9422



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The Most Trusted Name in Home Care

*We Offer Alzheimer's & Dementia Care
 Companionship • Light Housekeeping
 Medication Reminders • Personal Care
 Transportation for Errands & Shopping*

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 United Methodist Homes*

Independent & Assisted Living and Memory
 Care

Enjoy a continuum of care in a non-profit,
 mission-based senior living community!

580 Long Hill Avenue, Shelton

Helping You Continue to Feel *Right at Home*

Right at Home of Greater Fairfield County understands that **MAINTAINING YOUR INDEPENDENCE** is the key to your happiness and well being. We tailor our in-home care, to your individual needs.

- Companionship for an afternoon
- Personal Care: bathing & hygiene
- Meal prep, shopping, light housekeeping
- Transportation to appointments & more



We can help you stay at home. Serving Greater Southbury. Call today for a free, in-home assessment or more information.

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 LONG-TERM CARE
 RESPITE**

21 MAEFAIR COURT, TRUMBULL, CT 06611
 PH. 203.459.5152

athenanh.com/maefair

Managed by Athena Health Care Systems

NORTHBRIDGE Health Care Center *your bridge to health*

2875 Main Street • Bridgeport, CT

Athenahealthcare.com/Northbridge

SHORT TERM REHAB/ LONG TERM CARE

TRUMBULL COMMUNITY TELEVISION



Unique Trumbull Programming
 Charter 194 • Frontier 99



MEDICAL ARTS PHARMACY

15 Corporate Dr, Suite 1-1, Trumbull Ct 06611

Call 203-590-3737
 today to transfer your Rx to
Medical Arts Pharmacy

**FREE RX DELIVERY TO
 YOUR HOME OR OFFICE**



**Abriola Parkview
 Funeral Home**
 419 White Plains Road
 Trumbull
 203-373-1013

SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Strength Training with Gail Thursdays at 10:15 AM September 7th—December 7th Join Fitness Instructor, Gail Moreno, in a fun, strength training class where you will build muscle while strengthening your entire body. Please bring your own weights of any size.</p>				9:00 Dance & Tone 1 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 4 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:00 Wellness Nurse 5 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1:30 Tai Chi Quan	9:00 Yoga 6 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Mahjong 1-4 Billiards	9:00 Balance & Core 7 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:00 Senior Picnic	9:00 Dance & Tone 8 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 11 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 1:00 Bingo 2:00 Yoga	9:00 Wellness Nurse 12 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:00 Alzheimer's Lecture 11:30 Zumba Lessons 12:30 Dominoes 1:30 Tai Chi Quan	9:00 Yoga 13 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Mahjong 1:00 Collette Tours 1-4 Billiards Game	9:00 Balance & Core 14 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais	9:00 Dance & Tone 15 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Lunch & Movie 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 18 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:00 Wellness Nurse 19 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1:30 Tai Chi Quan	9:00 Yoga 20 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Mahjong 1-4 Billiards Game	9:00 Balance & Core 21 9:00 Wellness Nurse 9:00 Yale Art Museum 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais	9:00 Dance & Tone 22 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 25 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:00 Wellness Nurse 26 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1:30 Tai Chi Quan	9:00 Yoga 27 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Mahjong 1-4 Billiards Game	9:00 Balance & Core 28 9:00 Wellness Nurse 9:45 Maritime Aquarium 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais	9:00 Dance & Tone 29 9:00 Wellness Nurse 9:00 AARP Safe Drivers 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Monthly Birthday 12:30 Mahjong 12:30 Pinochle 1:00 Super Bingo 1-4 Billiards Game

Trumbull Café
203-378-3086

Greater Bridgeport Senior Community Café

September, 2017

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Minestrone Soup Eggplant Rollatini Green Beans Garlic Bread Honeydew
4 Labor Day Closed 	5 Tossed Salad Roast Turkey Stuffing Vegetable Casserole Marble Loaf Cake	6 Lentil Soup Chicken Pot Pie Mixed Vegetables Watermelon	7 Mixed Greens Beef Goulash Medium Noodles Peas Cantaloupe	8 Beef Vegetable Soup Stuffed Loin of Pork Sweet Potatoes Carrots Cookies
11 Tossed Salad Stuffed Peppers Pasta Garlic Bread Yellow Cake	12 Three Bean Soup Virginia Ham Potatoes Vegetable Medley Pineapple	13 Caesar Salad Cavatelli with Sausage and Broccoli in Garlic Sauce Peaches	14 Split Pea Soup Chicken Piccata Parmesan Rice Green Beans Cookies	15 Tossed Salad Savory Meatloaf Mashed Potatoes Carrots Apples
18 Vegetable Soup Roast Chicken with Cranberry Sauce Potatoes Vegetable Blend Vanilla Pudding	19 Mixed Greens Quiche Lorraine Potato and Green Beans Salad Fresh Fruit	20 Navy Bean Soup Pork Roast with Natural Jus Sweet Potato Peas Watermelon	21 Carrot Salad Old Fashioned Pot Roast Rice Pilaf Cauliflower Butterscotch Pudding	22 Beef Barley Soup Chicken Parmesan Pasta Sautéed Spinach Fruit Salad
25 Lentil Soup Roast Beef Baked Potato Mixed Vegetable Apple Pie	26 Cole Slaw BBQ Chicken Macaroni and Cheese Braised Greens Honeydew	27 Beef Barley Soup Lamb Stew Brown Rice Vegetables Fruited Jell-O	28 Caesar Salad Beef Lasagna Zucchini Garlic Bread Apple	29 Cream of Broccoli Grilled Chicken with Pineapple Chutney Jasmine Rice Green Beans Rice Pudding